

PROTECT YOURSELF - REDUCE THE SPREAD OF COVID-19



Get tested often, whether you have symptoms or not. For a list of testing locations near you, visit **de.gov/gettested.**





Maintain social distancing by keeping 6 feet or more apart.



Wear a face covering over your mouth AND nose, and don't share masks.



Stay home if you're sick.



Wash or sanitize your hands frequently.



Cough or sneeze into your elbow.



Clean frequently used surfaces often.



Download the COVID Alert DE app to slow the spread. This free smartphone app protects you and your privacy. It will quickly alert you if you have been in close contact with someone who has tested positive for COVID-19.





COVID-19 HELP IS AVAILABLE. Call Delaware 2-1-1 or 1-800-560-3372. Individuals who are deaf or hard of hearing can text their ZIP code to 898-211.